

## The Chemistry Of Our Body

	<b>ELEMENT</b>	<b>BODY PARTS / FUNCTIONS</b>	<b>FOOD CONTENTS</b>
Ca	Calcium	Bone, Teeth, Nails	Alfa Alfa sprouts, Almond, Avocado, Coconut, Cheese, Milk (Goat), Sesame seeds, Gelatin, Agar (boiled bone extract)
C	Carbon	Body Cells Refinery Product	Almond, Avocado, Fresh Butter and cheese, Raw Egg Yolk, Olive Oil, Turkey, Walnut
Cl	Chloride	Nerves , Tissues, Body Cleanser, Balance Hydrochloric Acid in the Body	Asparagus, Fish, Fresh Milk (Goat), Water crest, Avocado, Watermelon, Cucumber, White turnip, Tomato, lentil
Fe	Iron	Blood, Brain, Lungs, Nerves	Black Berry, Dry Fruits, Molasses, Vegetables, Brown Rice, Almond, Dry Plum, Dates
Fl	Fluoride	Teeth, Bone, Hair	Queen Apple, Avocado, fresh Milk and Cheese (Goat), Black eye beans, Cabbage, Sprouts (wheat), Egg Yolk, Fish, Fish eggs Caviar)
I	Iodine	Thyroid, metabolism	Agar, Carrots, Cabbage, Cucumber, Eggplant, Fish, Egg fish (Kaviar),Garlic, Green cabbage, leaves, lettuce
K	Potassium	Muscles, Heart, Kidneys	Almond, Beet, White Turnip, Apricot, Banana, Carrots, Potato Skin, Pear
Mg	Magnesium	Intestine, Muscles, Nerves	Green Turnip, Walnut, Milk (Goat), Tofu, Apricot, Green Pepper, Oats, dry plum, Figs, Lentil
Mn	Manganese	Brain, Nerves	Almond, Apple, Apricot, Green beans, Black Berry, Butternut, Celery, Walnut, Olive, Parsley, Celery, Oats
Na	Sodium	Joints, Stomach, Lymph	Celery, Cheese (Goat), Lentil, White turnip, Strawberry, Sesame Seeds, Parsley

N	Nitrogen	Skin, Muscles	Almond, Black eye beans, Fish, Caviar, Salmon Fish, Walnut, Gelatin, Kidney Beans, Soya Nuts
O	Oxygen	Brain, Lungs, Blood	Beet, Carrots, Figs, Fish, Milk (Goat), Grapes, Green Pepper, Leek, Walnut, Almond, Nuts, seeds, onion
P	Phosphorous	Brain, Nervous System, Bone	Almond, Rice Husk, Wheat Germ and Husk, Lentil, Soya Nuts, Sun flower seeds
Si	Silicon	Skin, Hair, Nails, Nervous System, Bone, Teeth	Oat Straw tea, Alfa Alfa tea, Apple, asparagus, Molasses, Rice, Oat, Onion, Carrots
S	Sulfur	Brain, Nervous System, Blood, Liver	Asparagus, Broccoli, Oats, Corn, Cauliflower, Tomato, Cabbage leaves, Leek, Onion, Lima beans, Figs

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